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HEALTH & WELLNESS



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**July 19th 2018: Say No to Yo-Yo Dieting with
Stephanie Dodier**

Get off the never-ending cycle of yo-yo dieting forever! Join us for the next episode of Healthy View Radio and learn how to free yourself from diets when we speak with Nutritionist, Podcast Host, Writer and Natural-Born leader dedicated to helping women stop overeating and permanently end the cycle of yo-yo dieting, Stephanie Dodier. We'll also meet Health and Moon Cycle Coach, Latha Prabhakar who coaches her clients in diet, lifestyle, wellness, nutrition, energy balancing and spirituality so that they may experience soulful healing. We'd also really love to hear from YOU - leave a rating

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Featured Guests



Stephanie Dodier

Stephanie Dodier is a Nutritionist, Emotional Eating Expert, Founder of the Beyond The Food Academy and Host of The Beyond the Food Show.

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Latha Prabhakar

Latha Prabhakar is an AADP board certified Integrative Nutrition Health Coach. She calls herself The Moon Cycle Coach.

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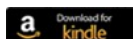
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